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HAY FEVER PREVENTION

CONSUMER TIPS > >

(Information from U. S. Public Health Service)

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1. Hay fever season starts about August 15; continues till first frost.
2. Injections, ordered by and administered under direction of doctor, are most successful preventive. Should be started well before season begins to be most effective.
3. Air conditioning is helpful, but expensive.
4. Some advertised medicines are helpful for very short time in relieving itchy eyes & runny nose, but offer no permanent relief. Use only on doctor's advice. (over)

5. Some simple preventives:

- a. Keep sleeping-room doors & windows tightly closed during day when pollen in air is heaviest. Open windows just before retiring.
- b. Avoid chilling body or catching cold, so nose won't clog up and start a sneeze.
- c. Avoid violent exercise; increases breathing rate and amount of pollen taken into nose and throat.
- d. Avoid long motor trips in country; increases amount of pollen taken into nose, throat, eyes.

6. Most common cause of hay fever is ragweed. Community campaigns for getting rid of ragweed are helpful to hay fever sufferers.

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